

ABSTRACT

An acne treatment regimen includes: cleansing the skin of an individual afflicted with acne with an acne cleanser composition containing an anti-acne active; applying an acne spot treating composition to at least one lesion on the skin of the individual, the acne spot treating composition containing an anti-acne active ingredient; applying a hydrating day cream composition to the skin of the individual, the hydrating day cream composition containing an anti-acne active ingredient and a combination of farnesol and sodium hyaluronate; and applying an acne night cream composition to the skin of the individual, the acne night cream composition containing an anti-acne active ingredient and a combination of farnesol and sodium hyaluronate.